

# Paul Solomon Lectures

## Emotions

### TRANSCENDENTALISM

#### HOW TO BECOME A MASTER

Three factors or qualities are necessary to transcendentalism. The first is mastery, which includes dignity and quality. The second is the self-talk affirmation, "I can handle it": The third is the self-talk affirmation, "This too shall pass."

#### WHY NOT BECOME A MASTER?

I am making an assumption, which may not always be correct, that each of you is committed to becoming a Master. If you are not, there are generally three reasons. These are:

1. You don't believe you can.
2. You don't believe that it is worth going through the necessary discipline.
3. You don't know how to go about it, where to start, what area to choose and how difficult it may be.

#### A MASTER OF WHAT?

The first question may be, "A master of what?" What, surprisingly, is not terribly important. You could be a master house painter, clock builder or chef, a master housekeeper and decorator, a master at T'ai Chi, the I Ching, Astrology, Tarot, Qaballah or of music. It doesn't matter. Just pick a particular art or science, a creative form or craft in which mastery can exist.

#### ONLY TWO CHOICES

There are two kinds of individuals. There is the ordinary person who is not a master, who has done perhaps a lot of things or only a few. Whether a lot or a few, he has gone only a certain distance in mastering a craft, just far enough to be acceptable in it. He has gone as far as he has had to, and most likely believes it's the best that he can hope for. He believes that there's too much involved in achieving mastery and that he doesn't have the time or the energy to be a master.

You are either a master or a victim. You don't have a choice. And, if you want life to work for you, there is only one choice. Being a master does not mean that you have to master all of your emotions, communication skills, the environment and become a Meta-Human, although if you begin by mastering one area you may want to tackle them all.

#### An area That Cannot Defeat You

If you have mastered anything, that means you have one chunk of life, one activity that cannot defeat you. It may provide challenges, but the nature of your relationship with it is that you become an authority on the subject and are confident in your ability to exercise any aspect of it. You are a source of inspiration, knowledge and teaching in that area.

For example, if you decide to become a master chef, you will not only learn to be a superb cook, but will learn all the tricks of the trade. You will learn combinations of spices and herbs, cooking temperatures and times, how to run a kitchen, how to keep it clean, how to buy and maintain inventory and stock, everything else involved in the art.

In the moment of mastery that person takes complete control of a mini-universe and as a result the quality of individual changes and transcendence begins.

When a person walks into the kitchen that is run by a master, he notices first that everything is under control. Then, he notices a quality in the environment that is unusual. In spite of the fact that running a kitchen can be fast, furious and demanding, there is a quality that comes from a kitchen in which a master is working that is peaceful, serene and secure. In the presence of a master, other people who are not masters feel secure.

### **QUALITY AND DIGNITY**

When you have demanded of yourself that level of quality in just one distinct area of life, you will relate to all other areas in a different way. It means you will start looking for quality, dignity, and mastery in everything else that comes into your life. If you master one thing, you will have proven that you are capable of mastery. Mastery is the single greatest key to self-confidence and transcendence. Learn one thing and master it so extremely well that other people consider you to be the ultimate authority of it.

Mastering it does not mean just do it well. A person has not mastered a thing until he is the best in the world, the world's leading authority at doing that thing. That is quite literal. It is possible to become the world's expert in a particular area because it is so seldom done and that leaves many areas in which it is available to be done.

### **THE 'BIG LEAGUE'**

A person who has mastered a craft, an art, any one thing in life, can walk into any strata of society. For example, if you are a master woodcutter and you walk into a cocktail party where there are diplomats and professors and scientists, 'Big Leagues,' the fact that you are a master craftsman announces to them something of who you are. It may not matter to them that you are a woodcutter. They may not be interested in woodcutting and they may not be there because they want to know how to cut wood, yet when they encounter you they have encountered a presence, a personality, a character that has had the experience of mastering something and people recognize that.

Because you have mastered something, you fit into their structure of acceptability, of responsibility, of quality and of dignity. It gives you the key to commanding respect even if you don't have expertise in all of the fields they have expertise in.

The mastery of any one thing in your life will give you one of the keys of the ability to think. It means you have taken information, translated knowledge into understanding and understanding into wisdom. When the wisdom stage is reached in your specific area, you have achieved mastery. When you have wisdom, you can switch over into other areas and master them with relative ease. The mastery mind will master many things. That is the first step to transcendentalism. If you can pick one area and master it, then the others will be subdued at your feet.

## **A MASTER OF TWO MASTERS**

For example, if a master musician discussed music with a master astronomer who doesn't know a thing about music, the discussion would be a hundred percent more interesting than a master musician discussing music with a music student. It is because the conversation is between two masters, even though they are masters of different subjects. Because the scientist has used his mind to master astronomy, he has a trained mind which is now curious and which reaches out to grab whole quanta of information. By mastering one subject, the scientist produces spaces in his mind, which we are calling a system of correspondences.

When the scientist listens to the master musician discuss music, he takes his structures or system of correspondences from the cosmology and relates what he knows to the new information. If the musician does all of the talking, at the end of the conversation the master astronomer will not only know more about astronomy, but will know more about music theory than the master musician because the musician does not know astronomy. If you take music and astronomy and marry them with knowledge, then you will know more about music because you have a pre-built system of correspondences on which to put the chromatic scale.

On the other hand, when the master musician listens to the astronomer talk about cosmology, he will hear things you definitely will not hear, not having the system of harmonics of music, which are universal structure. The conversation between the two men seems to take place in a language that you hardly understand, unless, of course, you, too, are a master.

### **"I CAN HANDLE IT"**

Most people advertise their limits. When you tell others what you can handle and what you can't, you are announcing to yourself and to the world where your limitations are. You are tempting life to test them. The average person is full of fears, which say, "I can handle this much of life, but if this happened, I couldn't handle it." This self-talk sets up the point beyond which you cannot transcend. Whatever that point is, it is the point of your karmic lessons.

The working knowledge of "I can handle it" is the second key to developing the transcendental mind. Make sure you have applied that statement to every scenario that is imaginable in your life structure. If you know, not wish, but know, and have decided that whatever comes, "I can handle it," then you have prepared the foundation for transcendence. You are not giving to anything, to anyone, to any situation or circumstance the ability to defeat you. You are not assigning limitations.

If you can so program the statement, "I can handle it," into your consciousness that it becomes a belief regarding any challenge that can come into your life, you have the quality that is required for mastery. Mastery is a step in transcendence. Mastery is "I can handle it."

## **DEALING WITH LIMITATION AND LACK**

There are two ways, for example, to deal with lack of prosperity. One way to deal with prosperity is to use manipulation or 'trying' to become rich. The other way is to know that "I can handle it." To know that "I can handle it," is to accept things as they are, to understand that whatever the level of poverty you can live with it and you can transcend it. You can live in heaven if you are rich or not.

Once that state of mind is achieved you can bring prosperity to you as well. But people attempting to use extraordinary techniques without first accepting things as they are and overcoming, will bring fear

and anxiety into their processes, and it will seem as if the processes don't work. Knowing that you can live with poverty may sound like settling for less, but it is building a foundation for bringing prosperity to you.

People are suffering in the world around you because they are saying, "I can't handle it. I don't know what to do next. It is defeating me." Using these negative self-affirmations perpetuates victim consciousness. They are empowering war, crime and illness. If people could only know that whatever comes, no matter what it is, earthquakes, world war, separation, divorce, death in the family, being alone, losing their health or their money, they can handle it. Not only handle it, but also transcend it and live a quality life with dignity, joy and abundance, in spite of conditions.

There are several reasons why people set up masochistic situations that don't work. One is that they believe they need to be punished or to suffer in order to be made better. Another is that they are challenging themselves to bite off something unrealistic, thinking, "If I can achieve this, I will be alright. It might just be that they bite off a challenge that was inappropriate. Meeting that challenge might be to discard something, knowing that they can handle living with it or living without it. Eliminate those areas that you are saying you can't handle. Either decide to handle it or get rid of it.

Why do people choose to think they can't handle it? There is a common belief that if they scream loud enough, God up there in the sky will hear and change the requirement. "God, why are you doing this to me? This is miserable, unfair, etc." That will not change the situation, yet virtually everybody does it. It is another way of avoiding taking responsibility for life, or even making a decision about life.

### **YOU WILL HANDLE IT**

You can establish the fact that you can handle it by giving up your criteria for what "handling it" means. Recognize the truth. When the situation has passed, you will have handled it. You may have done so poorly, but you had to handle it. For example, one of the ways to handle poverty is to go through bankruptcy. If you do go through bankruptcy, you have handled it. People have handled it by going into mental institutions. That may not be a superior way to handle it, but it is a way.

### **'THIS TOO WILL PASS'**

This simple little statement, "I can handle it," can get you through any situation even if it seems like the greatest of all disasters at the time. Knowing that you can handle it can be the one thing that brings you through with dignity.

Then, know as well, "This too will pass." It may seem horrendous in the moment, but it will end. Nothing is permanent, neither sorrows nor joys. Knowing a situation will end, knowing that you will handle it, and having made the decision, "I can handle it," the next question becomes "How do I want to do so?" If that first decision is "What if I can't handle it?" the second question is pointless.

Get past the question of whether you can handle it. You can and you will. You don't have a choice. The only question is "Will you handle it well?" The only requirement for handling it well is that you enjoy the challenge and congratulate, support and encourage yourself in the process to change whatever the situation may be into a joyous experience. That's the power of the magician.

### **THE TRANSCENDENTAL EXPERIENCE**

When you have made the decision that "You can handle it," and you have created the system of correspondences, the spaces in your mind that are ready to be filled with new knowledge, when you

have mastered a subject to the extent that you have learned everything available that man already has discovered about the subject, then the door will be opened for the Christ to add the rest.

That's transcendence. You go beyond the limits of all experience or knowledge thought to be humanly possible, to the Source of that knowledge.

One who has mastered a subject then has gained a thorough understanding. A Master is one who has overcome. He has transcended. He has risen above and beyond the limits of human consciousness.

There is a story, for example, of a paleontologist who was studying fossils. He had a partial fossil of a fish and it wasn't enough to complete the form and classify it properly. He studied all he could about it and then asked the Christ for help. He dreamed the rest of the fossil and the next day he was able to draw it.

### **TRANSFORMING YOUR MIND**

Once you have mastered one area, you have conditioned your mind, your body and your craft. You have taught your mind to think and have built a confidence that you can think.

Mastery of yourself is then likely to come in the process of mastering something else and it will come considerably easier than just "working on yourself." Mastering something else gives you a system of discipline through which you can master yourself as well. It gives you the key to transforming your mind so that you have something to contribute, a gift to give the world. And, probably not surprisingly, that gift may not even be in your original area of mastery.

### **A RELATIONSHIP WITH LOVE**

If you have formed a personal relationship with Love, then Love can enter. The personal relationship with Love is the other pre-requisite for becoming a Master, a Meta-Human. Choosing to support and nurture life instead of living in fear and dread, knowing that Love is stronger than fear and can empower life, you will know the Source of guidance, leadership and healing. It is the key to emotions management and to making relationships work. It is the key to transcendentalism.

These are the steps. The rest is up to you. You can use these tools or you don't have to. The important thing is to be Emotional and Love It.

Note. A Meta-Human is a person who has mastered the laws of cause and effect through contact with an "Inner Light." He has undergone the transcendental experience. See THE META-HUMAN by Paul Solomon.